



# **Junior Lifeguard Nippers Program**

**August 16<sup>th</sup> – 20<sup>th</sup>**

**Monday – Friday 10:30 am to 2:00 pm**

This program will consist of similar, yet modified activities and events provided by the longer Junior Lifeguard Program. The Nippers program will include swimming, running, paddle-boarding, ocean safety, and introductions to marine and beach education. All of the activities and events have been altered to coincide with the lower swim requirements and younger age requirement of the participants.

## **Nippers Calendar August 2010**

<b>August 16</b>	<b>August 17</b>	<b>August 18</b>	<b>August 19</b>	<b>August 20</b>
<b>Ocean Swimming and Beach Running</b>	<b>A Day in the Life of a Lifeguard</b>	<b>Paddleboard Adventure Day</b>	<b>Game Day</b>	<b>Competition Day</b>

Participants and parents are encouraged to read the "Rules Regulations and Responsibilities of a Santa Barbara Junior Lifeguard" to assist with program expectations. Uniform requirements are identical to the regular Junior Lifeguard program and participants will all receive one long-sleeve program t-shirt